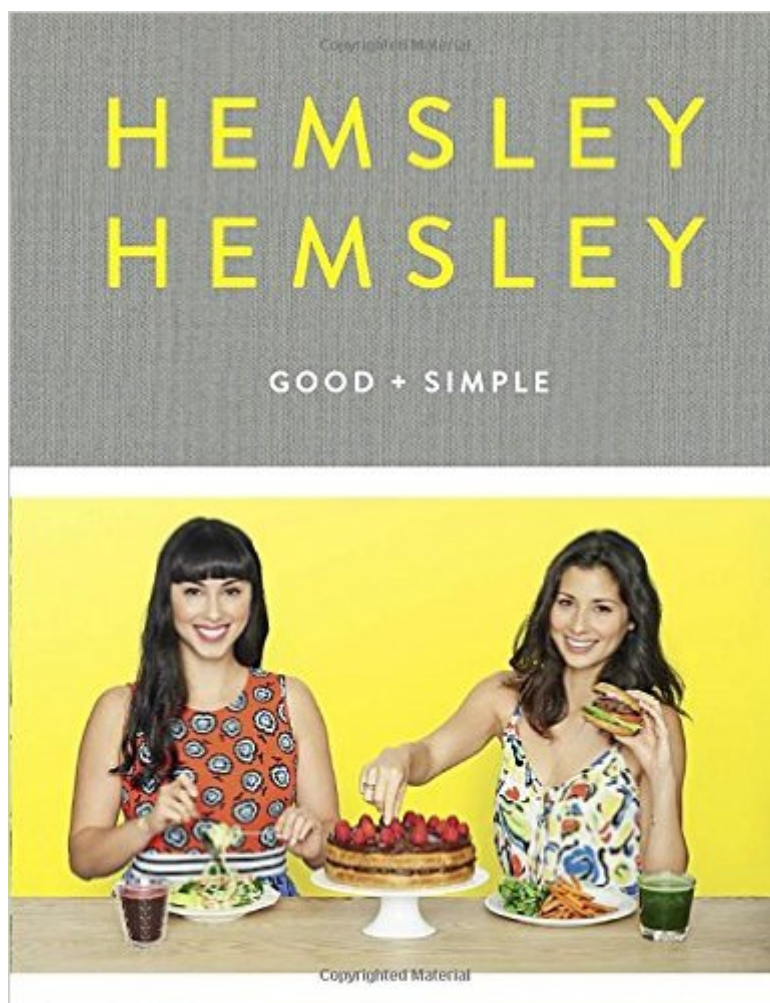


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# Good And Simple: Recipes To Eat Well And Thrive



## Synopsis

Discover how simple and delicious eating well can be.Â Jasmine and Melissa Hemsley are revolutionizing how we eat. Experts on wholesome, nutritious cooking and living a healthy, fashionable lifestyle, the sisters teach people how to enjoy real food to feel happier and more energized. Their simple philosophy of eliminating gluten, grains, and refined sugars, while focusing on maximizing nutrition has revolutionized the way people think of a diet. • And, the best part is, preparing such meals is easy and fun. Good + Simple has 140 beautiful recipes that are so tasty youâ™ll forget that theyâ™re designed with nourishment in mind. Dishes such as Roasted Squash Soup with Coriander Pesto, Green Goddess Noodle Salad, Cauliflower Rice 3 Ways, Roasted Chicken Thighs with Watercress Salsa Verde, Shrimp and Arugula with Zucchini Noodles, and Cannellini Vanilla Sponge Cake with Chocolate Avocado Frosting are packed with healthful, whole ingredients and taste wonderful. Also included is lots of helpful information from the sisters on making first steps and maintaining a healthy lifestyle; youâ™ll find an at-a-glance guide to their principles of eating well, ten recipes to get you started, basic pantry ingredients to have on-hand, their signature bone broth recipe, and much more. With 140 vibrant photographs, tips on transforming leftovers, stocking your fridge and freezer, meals on the run, advice on mindful eating, and a one-week body reset plan, as well as two weekly meal plans, Good + Simple is the perfect book for any home cook who loves food and wants to eat well every day.

## Book Information

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## Customer Reviews

Are you ready for some back-to-basics cooking with a lot of nutrient dense recipes? I know I am! I was super excited to receive Good + Simple by Jasmine and Melissa Hemsley. Once I got the book, I immediately choose some recipes to try out. I loved the Spicy Miso Salmon with Broccoli Rice. I left out the chili powder so it wasn't spicy for my family. The Avocado Boats 3 Ways was also a hit. I have one child who loves avocado and another who hates it. The child who usually hates avocado loved the variation with the drizzled honey on top of the avocado. I love how this cookbook has a number of recipes that shows you how to prepare it 2-3 ways. We also liked the Cucumber and Smoked Salmon Canapés. I love all the simple recipes that are quick to prepare but are also healthy for my children. It was such a nice surprise and a huge plus that the cookbook includes smoothies and healthy juice recipes. Truth be told, I was looking for a juice recipe book because I bought a juicer recently and really wanted to get in the habit of juicing to help get the nutrients in my family's bodies. I loved reading about the Hemsley sisters' philosophy on food and all the little tidbits included in the cookbook. Most of what they mentioned, I already knew and follow, but it's nice to be reminded why I had originally followed certain routines (soaking nuts, make bone broth, cook with leaf lard). I loved how they mention that "fat is your friend". I've always felt that there is nothing wrong with eating lots of healthy whole fat (we cook with leaf lard, use a lot of pastured and cultured butter, drink whole raw milk); it's all the other processed junk food that is bad for us. But companies blame fat and have convinced so many of us to consume a low-fat diet.

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